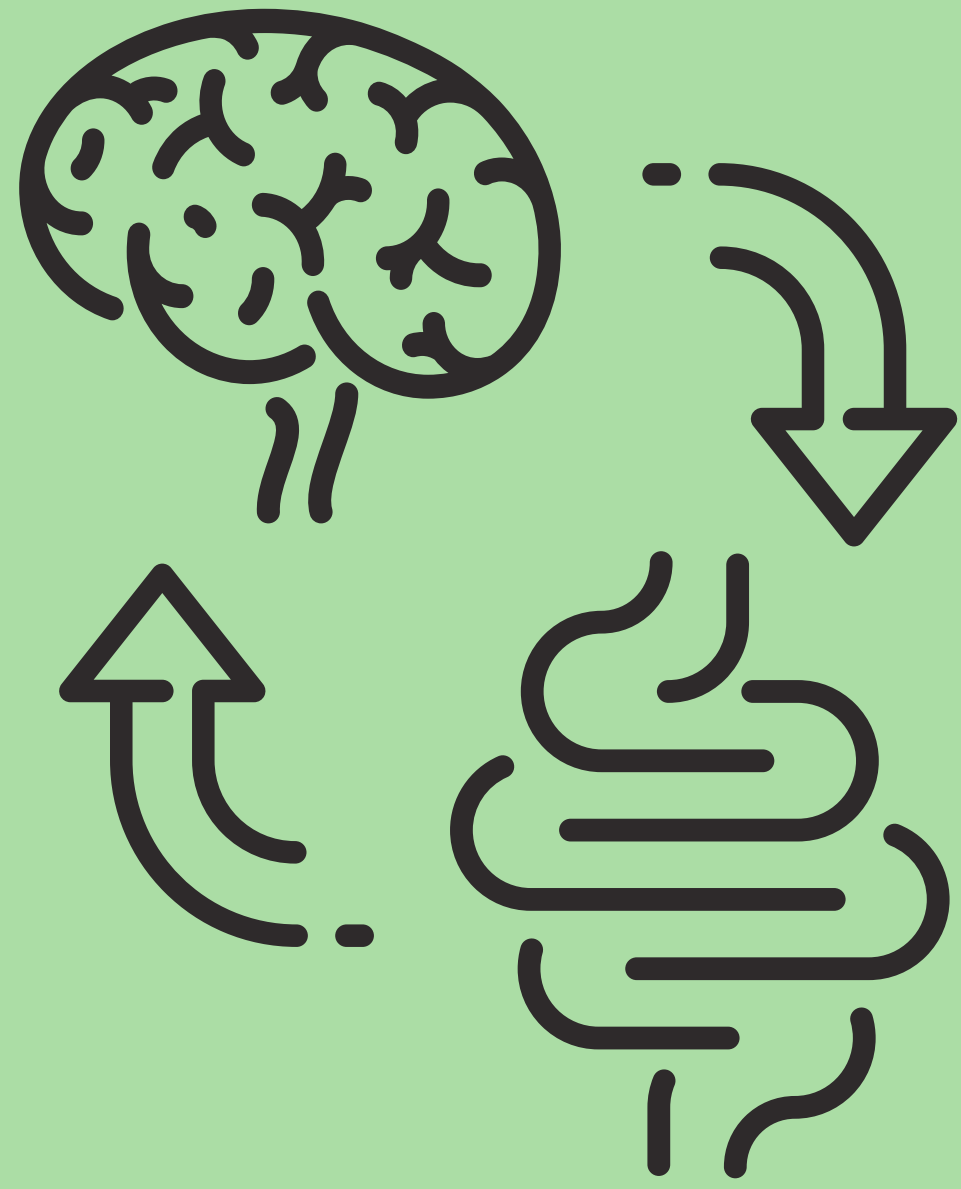
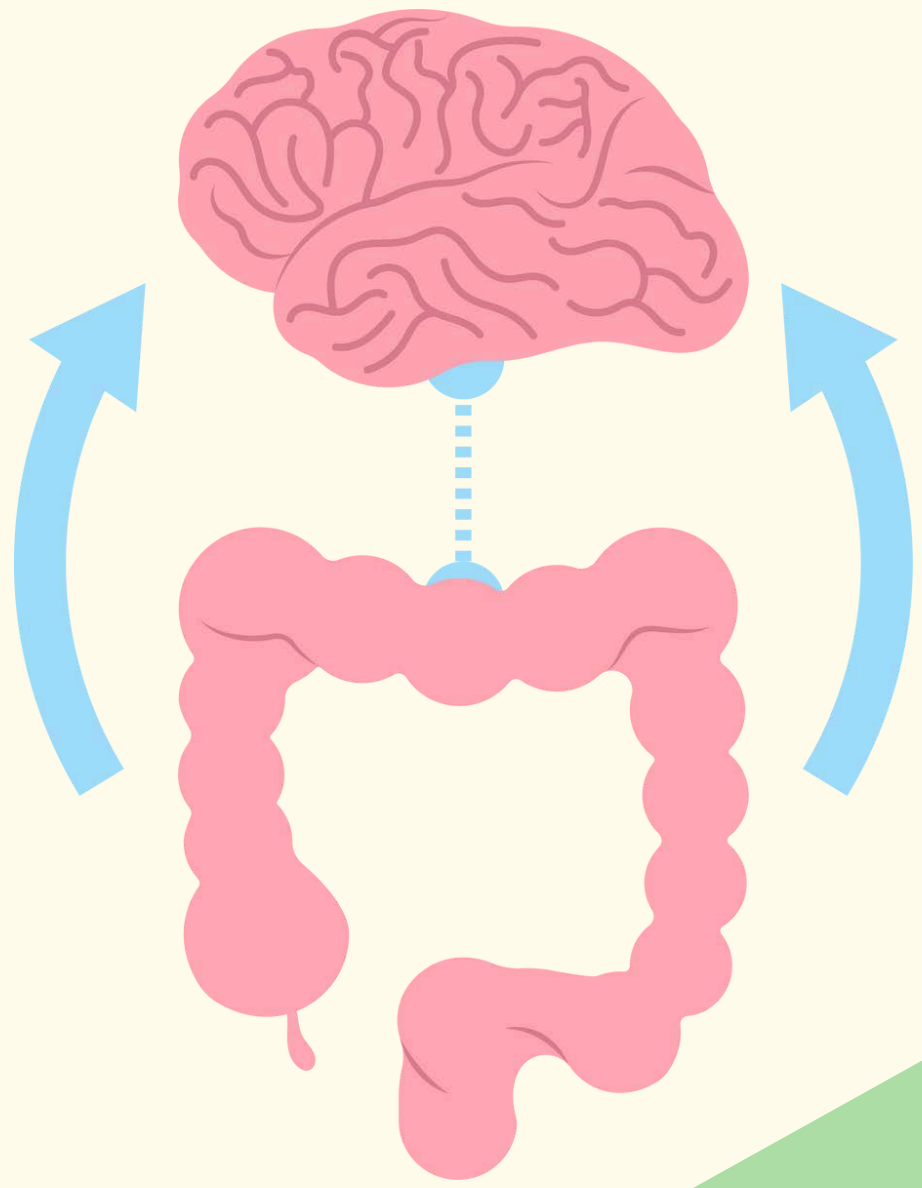




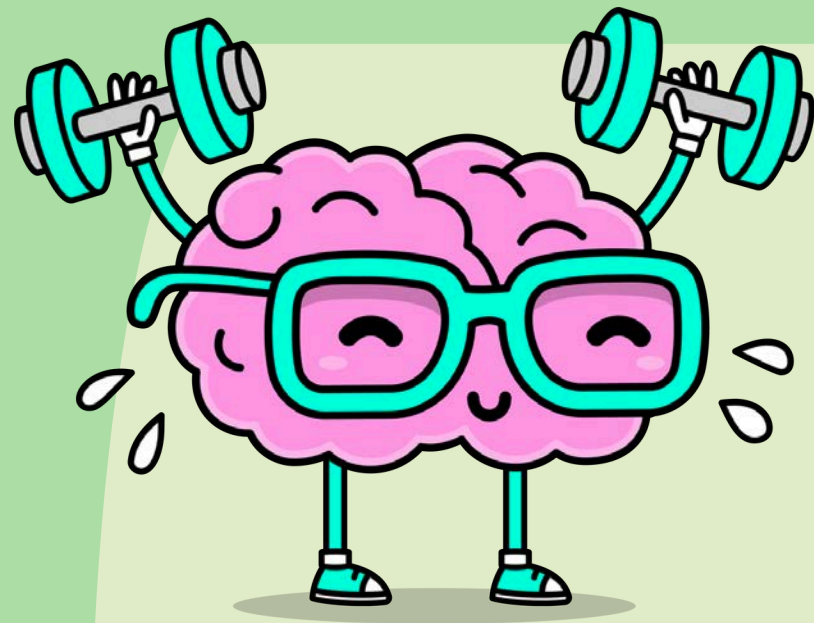
# The Gut to Brain Connection



**Presented by: Abelina Palomares Gonzales & Casey Qualls**  
**Research: Co-Presenters and Marissa Winfrey**  
**Advised by: Dr. Lisa Herzig**



# Why Food is Important for Cognitive Function



**Brain development is an ongoing process, and nutrients play a direct role in specific brain cells.<sup>1</sup>**

**Diet examples include the Mediterranean diet, the Nordic diet, and DASH diet.<sup>1</sup>**



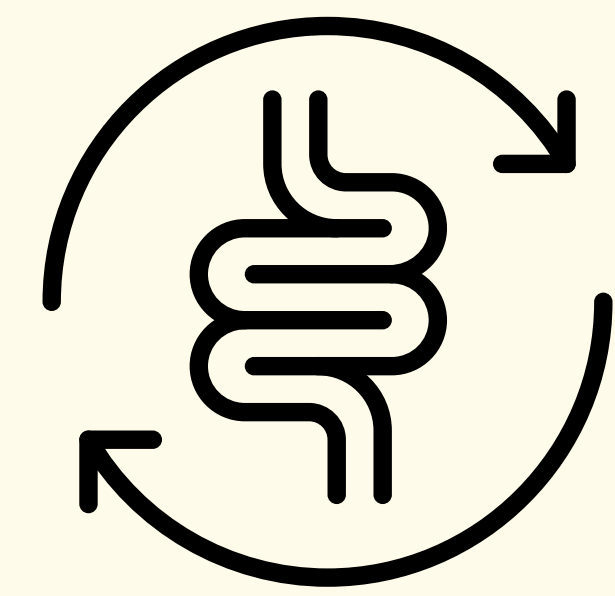


# How We Feel Emotionally & Physically Hinges on the State of our Microbiome



Serotonin is a neurotransmitter that helps regulate sleep and appetite, mediate moods, and inhibit pain. Since about 95% of your serotonin is produced in your gastrointestinal tract<sup>2</sup>

Diets high in vegetables, fruits, unprocessed grains and fish, with moderate amounts of lean meats and dairy, have shown that risk of depression is 25% to 35% lower.<sup>2</sup>





# How to Improve Gut Health



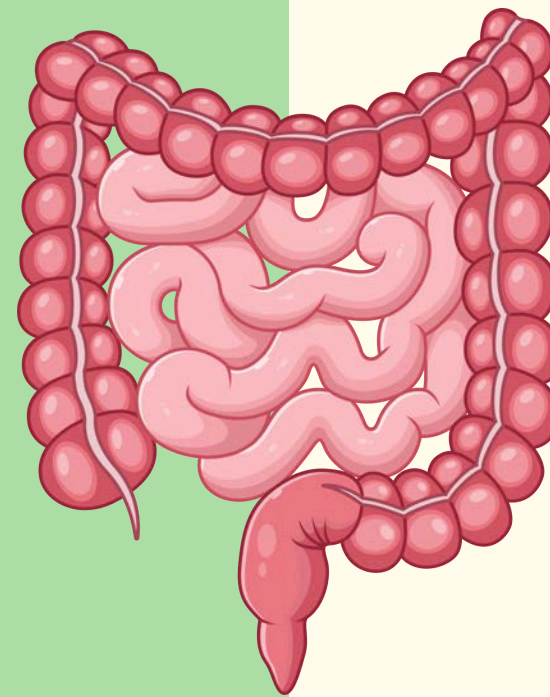
**Take antibiotics only when necessary<sup>4</sup>**

**Eat whole grains<sup>4</sup>**

**Take a probiotic supplement<sup>4</sup>**

**Try a plant based diet<sup>4</sup>**

**Eat foods rich in polyphenols<sup>4</sup>**



# Gut Health

**Eat a diverse range of foods<sup>4</sup>**

**Eat fermented foods<sup>4</sup>**

**Limit your intake of artificial sweeteners<sup>4</sup>**

**Eat prebiotic foods<sup>4</sup>**

**Breastfeed for at least six months<sup>4</sup>**

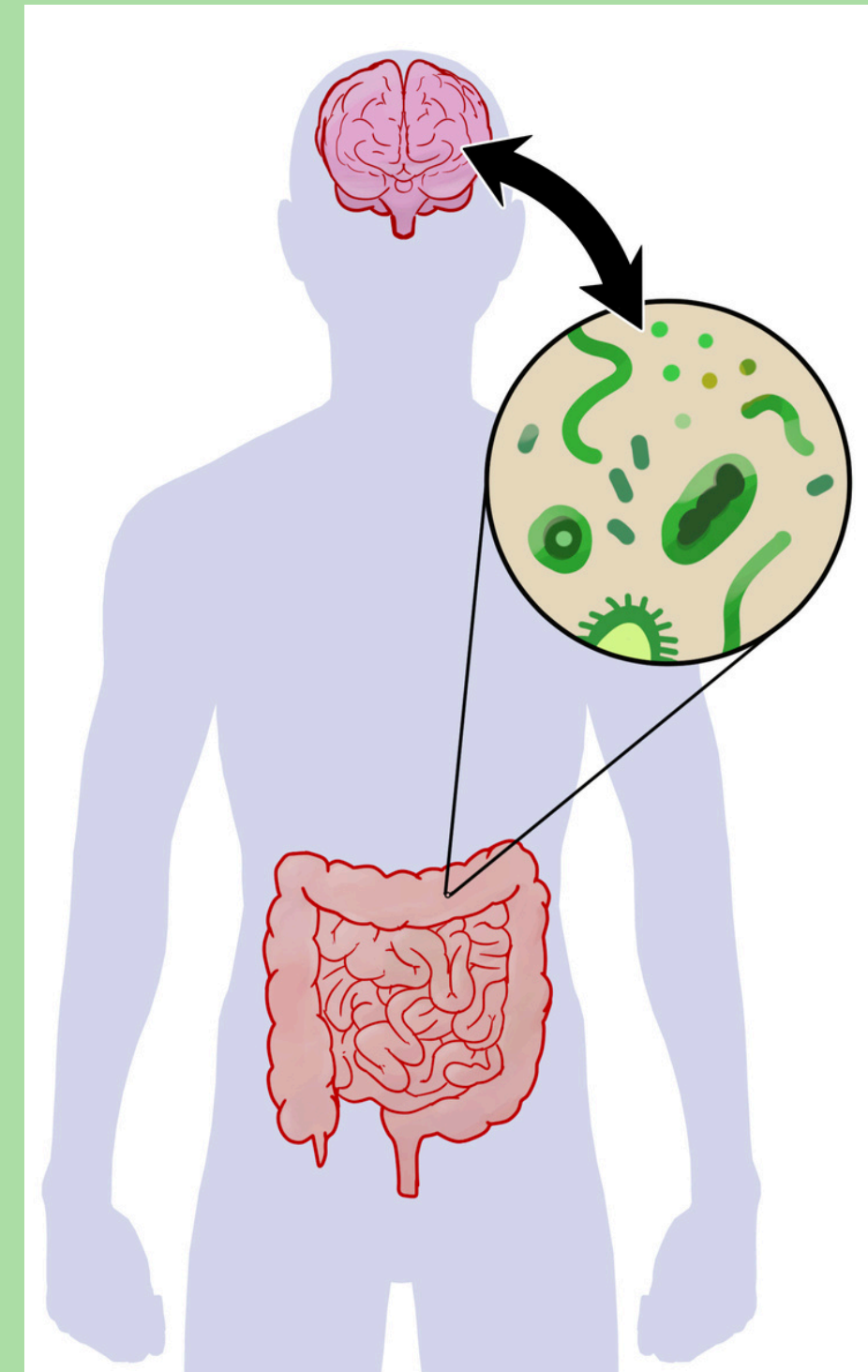


# What's the Connection?



**There is a two way connection between our brains and GI tract.**

**The gut microbiome is highly influenced by negative external lifestyle factors, such as poor diet, sleep deprivation, circadian rhythm disturbances, chronic noise and sedentary behavior.<sup>1</sup>**





# Brain Foods



Vegetables, fermented foods, low sugar fruits, healthy fats, proteins, and herbs.

To help support the growth of healthy microbes in your gut, eat a wide variety of fruits, vegetables, whole grains and fermented foods.<sup>4</sup>





# References

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- 2.Selhub E. Nutritional psychiatry: Your brain on food . Harvard Health Blog. Published September 18, 2022. <https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>**
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- 4. Robertson R. Why the Gut Microbiome Is Crucial for Your Health. Healthline. Published June 27, 2017. [https://www.healthline.com/nutrition/gut-microbiome-and-health#TOC\\_TITLE\\_HDR\\_9](https://www.healthline.com/nutrition/gut-microbiome-and-health#TOC_TITLE_HDR_9)**